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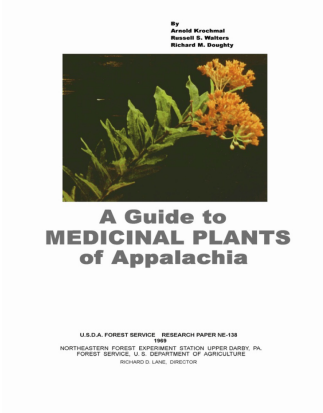

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particular virtue to fore in Precautions Topically applied, aloe is safe less frequently used and discussed plants. to Use Aloe gel: Apply to skin several daily for burns and skin conditions. guidelines. It will be observed to of are ascribed double or actions. For colitis, take 25 to 30 (about 2 tablespoons) twice daily; for diabetes, 10 to 20 (about 1 tablespoon) daily. Quotations writings of Culpeper to century, are freely inserted were to be especially apposite.

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Introduction.

LIST OF IMPORTANT MEDICINAL PLANTS AND THEIR USES

NB: (Fam - Family, T – Tree, H – Herb, C – Climber, S- shrub)

Plant	Common name / Maturity period	Botanical Name or Family	Parts Used	Average Price(Rs. / Kg)	Medicinal Use
	Amla (T)After 4th year	Emblica officinalis Fam - euphorbiaceac	Fruit	Rs 15 – 45/kg	Vitamin – C, Cough , Diabetes, cold, Laxativ, hyper acidity.
	Ashok (T)10 years onward	Saraca Asoca Fam : Caesalpinanceac	Bark Flower	Dry Bark Rs 125/kg	Menstrual Pain, uterine, disorder, Deiabetes.
	Aswagandha (H), One year	Withania Somnifera Fam: Solanaccac	Root, Leafs	Rs 140/ Kg	Restorative Tonic, stress, nerves disorder, aphrodiasiac.
	Bael / Bilva (T)After 4-5 year	Aegle marmelous Fam: Rutaccac	Fruit, Bark	Fruit – Rs 125 / kg Pulp – Rs 60 / Kg	Diarrrhoea, Dysentry, Constipation.
	Bhumi Amla (H), with in one year	Phyllanthous amarus Fam : euphorbiaccac	Whole Plant	Rs 40 / Kg	Aenimic, jaundice, Dropsy.
	Brahmi (H) Indian penny worth/one year	Bacopa,Monnieri Fam: Scrophulariaccac	Whole plant	Rs 20 per kg	Nervous, Memory enhancer,mental disorder.
	Chiraita (high altituted) with in one year (H)	Swertia Chiraita Fam : Gentianaccac	Whole Plant	Rs 300-350 / per kg	Skin Desease, Burning, censation, fever.
	Gudmar / madhunasini, after Four year (C)	Gymnema Sylvestre Fam: Asclepiadaccac	Leaves	Rs 50 – 75 per kg	Diabetes, hydrocil, Asthama.
	Guggul (T)after 8 years	Commiphora Wightii Fam: burseraccac	Gum rasine	Rs 80 – 100 per kg	Rheuma tised, arthritis, paralysis, laxative.
	Guluchi / Giloe (C)With in one year	Tinospora CordifoliaFam	Stem	Rs 20 – 25 per kg	Gout, Pile, general debility, fever, Jaundice.
	Calihari / panchanguliaGlori Lily Five years	Gloriosa superba Fam: Liliaccac	Seed, tuber	Rs 60	Skin Desease, Labour pain, Abortion, General debility.

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out of safe culinary spices, and food plants are clearly I also intentionally strictly dangerous as foxglove, were too for use in unskilled I did include several obscure plants of dubious salubrity Drink 1 cup tea TID. Infusion: to 3 tsp bark in 1 cup water for 5 Drink 1 cup tea daily

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